

# Ms. Rujuta Diwekar, Author & Nutritionist Speaks on 'Eat Right India' at LBSNAA



## Highlights

The Course team of 95<sup>th</sup> Foundation Course and Centre for Food, Planet, Health organized a Guest Talk by Ms. Rujuta Diwekar, one of the top nutritionist of India and the author of several bestselling books on healthy living and eating, on December 16, 2020. She spoke on the topic 'Eat Right India', the session was aimed at raising awareness amongst the 428 Officers Trainees of 95th Foundation Course about 'Eat Right India' campaign, the essence of proper nutrition in the day to day lives and to promote policies and actions on food that are healthy, for both, people and planet.

Satyajeet Madan Yadav, Officer Trainee of 95th Foundation Course introduced the guest. Ms. Rujuta Diwekar began her talk discussing on recipe for fit, healthy, and sustainable eating. This includes seasonal, traditional and local components. She further explained the indigenous wisdom about food, health and well-being and how important it is to seek this information in indigenous languages as food which is healthy has a name in its local language and the more we preserve those indigenous languages the more we begin to eat food which is actually healthy. She also defined food as a superfood if it is nutrient-dense, cultivated in your region, versatile and sustainable and mentioned always look for food which has therapeutic value. She also debunks 5 most common myths that we have with food and discussed on 3 S's of eating right that are (i) Sit down while you Eat (ii) Eat in Silence (iii) Eat Slowly.

The talk was followed by a Q&A session, wherein the Officers Trainees got an opportunity to interact with Ms. Diwekar personally and learn more about types of healthy foods. The talk was informative and helped the Officer Trainees know about eating right, super foods and clear their misconceptions.

***“Food is something that we consume but it is also something which can consume us”.***